DARK BLUE FOR EVENING WEAR.

BY ANNE RITTENHOUSE.

No one who keeps a sharpened weather eye on the movements of fashion failed to see the tendency toward dark blue for wear under the electric light as soon as winter gayets began. This movement was all the more remarkable because the color had given way to beige and gray and black for the things we wear in the day. The reason for the incoming of the sunshine shade into the night lights was the slight weariness shown by the dressmakers toward all

black costumes.

The blue that is chosen is not exactly the shade known as marine. It is sapphire, which indicates that it has more warmth and sparkle than any other kind of deep blue. There are admirable glimpses in it of gayety. Soberness, such as one wants or rather accepts, in street colors is

are admirable glimpses in it of gayety. Soberness, such as one wants or rather accepts, in street colors is definitely lacking.

The dyers have done their job well. They have got into blue velvet especially the depth of tone they have put into ruby velvet, which is by way of being one of the most selective calors of the hour.

The dressmakers began to show their predilection for dark blues in formal evening gowns as soon as the intense hot weather set in last summer which marked the time for the opening guns in the fashion battle. The fabrics they chose were velvet, satif, a fine georgette crepe, with the decided preference given to velvet.

Not only were these materials built into low frocks for brilliant occasions, but into afternoon coat suits of the kind chosen by the American more than any other race of women because of their intensive social life between the hours of 4 and 7. The English and French have adopted much of our life in this particular for the daily daucing and tea drinking which they do in public now is sufficient evidence that they think we have something on our side.

Sapphire blue velvet coat suits are worn, therefore, at whatever gayeties are offered before dinner, and the fack of blue is as much sought as the suit. It is trimméd with fur rather than embroidery, not lavishly, but in the banded Victorian manner which has crept into fashion with but Bristol, gaudy parrots, gauntlet

has crept into fashion with blue Bristol, gaudy parrots, gauntlet gloves and needle point chairs. gloves and needle point chairs.

The sketch shows a formal evening frock cut on lines which every woman knows from usage. It is topless, waistless, sleeveless, but the skirt is Jong and the hips are accentuated.

Its glory lies in the girdle. There is nothing startling about this, for the dressmaker of this season thinks of her girdle first and the freek after.



FORMAL EVENING FROCK*OF SAP-PHIRE BLUE VELVET IN A SOFT WEAVE WITH ORIENTAL GIRDLE OF STEEL AND SAPPHIRE BEADS

Its glory lies in the girdle. There is nothing startling about this, for the dressmaker of this season thinks of, her girdle first and the frock afterward. The latter is chosen to use the former.

This particular girdle is woven of sapphire and steel beads, for it is useless to expect that this metal is not less that the sample of captivity. Its seemingly accepted with the sample of the samp

Personal Health Service By WILLIAM BRADY, M. D. Noted Physician and Author

(Signed letters pertaining to personal health and hygiene, not to disease diagnosis or treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is inclosed. Letters should be brief and written in link. Owing, to the large number of letters received, only a few can be answered here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, in care of The Star.)

of their physical and mental powers may be now.

If I were ninety I think I'd enjoy a light breakfast of some kind of fruit, raw fresh fruit in season, stewed or canned fruit out of season, with a clice of buttered toast and a cup of unboiled coffee. Then I'd eat nothing more until 7 p.m., when I should indige in a baked potato, with some meat or fish or egg cooked to taste, three days a week only, a relish or salad or fresh green vegetable from the garden, and a pint of milk with a cracker, cookie or piece of cake. or a cup of tea instead of milk sometimes. That amounts to one and a half meals a day, ample for a lad of ninety.

The late revered Sir William Osler quotes with approval the thirteenth aphorism of George Cheyne. Cheyne was born in 1671 in Scotland, but in spite of that he ate so much that he weighed 448 pounds at thirty and was Mistless, lethargic and short of breath. Then he began to have better sense and dieted on milk and vegetables. He even began to exercise freely—the exercise being free and Cheyne being Scotch, you know—and will you believe it, I don't myself, though Cheyne vouches for it, the man reduced to 150 pounds, regained his pep and vigor, and lived to the, for those days, extraordinary age of seventy-two years, long enough to write a classic on health and long life. The thirteenth aphorism therein, which Osler indorsed, is this:

"Every wise man, after fifty, ought to begin to lessen at least the quantity of his aliment, and if he would continue free of great and dangerous distempers and preserve his senses and faculties clear to the last he ought every seven years go on abating gradually and sensibly, and at last descend out of life as he ascended into it, even into the child's diet."

Do not be confused by that idea of material every seven years. Things generally went by sevens in those days, nearly everybody having the itch.

Aside from all the good mystery and detective stories I could get hold of, at ninety-one I'd read again.

days, nearly everybody having the itch.

Aside from all the good mystery and detective stories I could get hold of, at ninety-one I'd read again Cornaro's "The Art of Living Long." Cornaro had some license to speak on the subject, being 102 when he slipped away. And I hope I'll be well confirmed in the habit of tearing off three or four miles of oxygen on the hoof every day when I am ninety-one, so that I shall become no namby-pamby sitting beshawled by the firewatching the clock for medicine time.

QUESTIONS AND ANSWERS. The Right Idea for a Mother.
This is the second time I have writ-

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MENU FOR A DAY. BREAKEAST.

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Milk Toast Coffee LUNCHEON. Oatmeal Timbale with

Cream Sauce Bread and Butter Current Jelly DINNER. Baked Ham Mashed Potatoes
Cabbage au Gratin
Apple and Celery Salad
Cheese Fingers
Bread Pudding Coffee

Mock Goose With Sauce.

Put two cups of bread crumbs in a pan with two cups of water, cook for a few minutes, add six hard cooked eggs chopped, take the pan from the fire and add two cups of black walnut meats and two cups of black and the read of grated only on and salt, pepper and grated rutmeg to taste. Form this into the shape of a goose, reserving portions for legs and wings. Take one tablespoon of the mixture in your hand and press it into the shape of a leg, put a piece of dry macaroni into it for a bone and fasten it to the goose. Do the other side the same way. Form the remaining portions into small pieces looking like wings tucked under. Press them to the side of the goose, brush the goose over with melted butter and bake for one hour. Serve with apple sauce. hard cooked eggs chopped, take the

LISTEN, WORLD!

BY ELSIE ROBINSON.

Women are remarkable creatures and they're going to be more remarkable. But they are not remarkable in the way most of them think, and it's time some one informed them of the fact. For instance, there's this treasured tradition that a wife inspires her husband to great deeds merely by being his wifethat he succeeds "because he loves her"
and she thereby deserves credit for the
performance. Also the idea that wives
are divinely appointed to guide a man
in his business affairs.

A wife can inspire her husband, but



WEDDING RINGS BETTOW NO PSYCHIC POWER

sent. Will be naswered by Pr. Brady if a stamped, self-addressed energy is necessed. Letters acould be answered by Pr. Brady if a stamped, self-addressed energy is necessed. Letters acould be answered there. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, in care of The Star.)

The Diet of a Nonagenarian.

Gid Man from Missouri writes:

"I will be ninety-one years old in a few months. Can you give me a few hints about food—what kind of food Prishould eat in order to enjoy and prolong life? What food and drink would you take if you were in my place in respect to age?"

Hut, see here, my good friend from Missouri, wouldn't it be more logical, first, for you to tell me what kind of food I should eat in order to attain the age of ninety, still in possession of all my senses like yourself? I'd like to hear from a few who have actually done it what their views and practices have been, what the state of their physical and mental powers may be now.

If I were ninety I think I'd enjoy a light breakfast of some kind of fruit, raw fresh fruit in season, stewed or served as soon as the navel dressing the latter party and the latter proved more valuable. She can't do it merely by wearing his weeding ring, receiving his love and letting him pay her billis. The upkeep of a husky young woman doesn't necessarily spur a man on to glory. If a decorative appearance and expensive hards to me fave the hards and serve hear and so when have been my beautiful spur and serve has a can't do it merely by wearing his weeding ring, receiving his seveding ring, receiving his love and letting him pay her billis. The upkeep of a husky young woman doesn't necessarily spur a man on to glory. If a decorative appearance and expensive hards and work hards and now my man and and substitute any said ecorative appearance and expensive hards and work and have year pound. I also do a serve his actual needs—a several medals won i

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